



International Products Survey
2.High and Low products
- By Brand

Notes: Salt per portion and per 100g information was collected online from August 2014.

Worst by portion
 Best by portion

Country	Retailer/ Brand	Product name	2014 Portion size (g)	2006 Sodium (g) per portion	2009 Sodium (g) per portion	2014 Sodium (g) per portion	2006 Sodium (g) per 100g	2009 Sodium (g) per 100g	2014 Sodium (g) per 100g	2006 Salt (g) per portion	2009 Salt (g) per portion	2014 Salt (g) per portion	2006 Salt (g) per 100g	2009 Salt (g) per 100g	2014 Salt (g) per 100g	Date data obtained
	Kelloggs	All bran or All bran plus or equivalent										z				
Colombia	Kelloggs	All bran or All bran plus or equivalent	40	0.25	Not recorded	0.26	0.84	Not recorded	Not provided	0.63	Not recorded	0.65	2.10	Not recorded	Not provided	12-Aug
United States	Kelloggs	All bran or All bran plus or equivalent	31	0.08	0.08	0.08	0.26	0.26	0.26	0.19	0.20	0.20	0.65	0.65	0.65	12-Aug
	Burger King	Bacon double cheeseburger or equivalent										z				
Canada	Burger King	Bacon double cheeseburger or equivalent	185	1.46	1.17	1.14	0.79	0.56	Not provided	3.65	2.93	2.85	1.98	1.41	Not provided	31-Jul
New Zealand	Burger King	Bacon double cheeseburger or equivalent	171	Not provided	Not provided	0.77	Not provided	Not provided	0.45	Not provided	Not provided	1.92	Not provided	Not provided	1.13	31-Jul
	McDonald's	Big Mac or equivalent										z				
Malaysia	McDonald's	Big Mac or equivalent	Not provided	0.73	1.08	1.08	Not provided	0.50	Not provided	1.83	2.70	2.70	Not provided	1.26	Not provided	31-Jul
Turkey	McDonald's	Big Mac or equivalent	Not provided	Not provided	0.84	0.84	Not provided	Not provided	Not provided	Not provided	2.10	2.10	Not provided	Not provided	Not provided	31-Jul
Ireland	McDonald's	Big Mac or equivalent	490	1.01	0.84	0.84	Not provided	Not provided	Not provided	2.52	2.10	2.10	Not provided	Not provided	Not provided	31-Jul
United Kingdom	McDonald's	Big Mac or equivalent	Not provided	0.90	0.84	0.84	Not provided	Not provided	Not provided	2.25	2.10	2.10	Not provided	1.00	Not provided	31-Jul
	Kelloggs	Cornflakes or equivalent										z				
South Africa	Kelloggs	Cornflakes or equivalent	40	0.33	0.36	0.30	1.10	0.90	0.75	0.83	0.90	0.75	2.75	2.25	1.88	12-Aug
United Kingdom	Kelloggs	Cornflakes or equivalent	30	0.21	0.20	0.15	0.70	0.70	0.50	0.53	0.50	0.38	1.75	1.75	1.25	12-Aug
Netherlands	Kelloggs	Cornflakes or equivalent	30	Not provided	0.22	0.15	Not provided	0.72	Not provided	Not provided	0.54	0.38	Not provided	1.80	1.30	12-Aug
	Kelloggs	Crunchy nut cornflakes										z				
Ireland	Kelloggs	Crunchy nut cornflakes	30 with milk	0.18	Not provided	0.16	0.60	Not provided	Not provided	0.45	Not provided	0.40	1.50	Not provided	0.90	09-Sep
United Kingdom	Kelloggs	Crunchy nut cornflakes	30	0.18	0.12	0.65	0.60	0.45	0.35	0.45	0.30	0.26	1.50	1.13	0.88	13-Aug
	Burger King	Double Whopper										z				
Brazil	Burger King	Double Whopper	Not provided	Not provided	1.30	1.50	Not provided	0.35	Not provided	Not provided	3.25	3.74	Not provided	0.87	Not provided	31-Jul
Australia	Hungry Jacks	Double Whopper	359	1.01	1.15	0.62	0.29	0.32	Not provided	2.53	2.88	1.54	0.73	0.80	Not provided	31-Jul
	KFC	Fillet burger or equivalent										z				
Middle East	KFC	Fillet burger or equivalent	230	Not provided	Not provided	1.40	Not provided	Not recorded	Not provided	Not recorded	Not recorded	3.50	Not provided	Not recorded	Not provided	31-Jul
Malaysia	KFC	Fillet burger or equivalent	Not provided	Not provided	0.38	0.42	Not provided	0.330434783	Not provided	Not recorded	0.95	1.05	Not provided	0.826086957	Not provided	31-Jul
	McDonald's	Fillet Fish or equivalent										z				
Belgium	McDonald's	Fillet Fish or equivalent	Not provided	0.72	0.72	0.72	Not provided	Not provided	Not provided	1.80	1.80	1.80	Not provided	Not provided	Not provided	31-Jul
Netherlands	McDonald's	Fillet Fish or equivalent	Not provided	Not provided	0.68	0.72	Not provided	Not provided	Not provided	Not provided	1.70	1.80	Not provided	Not provided	Not provided	31-Jul
New Zealand	McDonald's	Fillet Fish or equivalent	Not provided	0.74	0.65	0.35	Not provided	0.48	0.44	1.85	1.62	0.88	Not provided	1.21	1.10	31-Jul
	Nestle	Fitness & Fruits or equivalent										z				
Turkey	Nestle	Fitness & Fruits or equivalent	40 with milk	Not provided	Not recorded	0.31	Not provided	Not recorded	0.61	Not provided	Not recorded	0.78	Not provided	Not provided	1.53	13-Aug
Spain	Nestle	Fitness & Fruits or equivalent	40	Not provided	0.16	0.10	Not provided	Not provided	0.34	Not provided	0.40	0.30	Not provided	Not provided	0.90	13-Aug
	Nestle	Fitness or equivalent										z				
Russia	Nestle	Fitness or equivalent	30 with milk	Not provided	0.30	0.30	Not provided	0.80	0.80	Not provided	0.75	0.75	Not provided	2.00	2.00	13-Aug
Brazil	Nestle	Fitness or equivalent	30	0.26	0.24	0.10	0.87	Not provided	0.45	0.65	0.59	0.30	2.17	Not provided	1.10	13-Aug
Spain	Nestle	Fitness or equivalent	30	Not provided	0.16	0.10	Not provided	Not provided	0.45	Not provided	0.40	0.30	Not provided	Not provided	1.10	13-Aug
	McDonald's	Fries (Med)										z				
Cyprus	McDonald's	Fries (Med)	Not provided	Not provided	Not recorded	1.04	Not provided	Not recorded	Not provided	Not provided	Not recorded	2.60	Not provided	Not provided	Not provided	31-Jul
Germany	McDonald's	Fries (Med)	Not provided	Not provided	Not recorded	0.12	Not provided	Not recorded	0.12	Not provided	Not recorded	0.30	Not provided	Not recorded	0.30	31-Jul
	Subway	Ham 6-inch sandwich or equivalent										z				
Singapore	Subway	Ham 6-inch sandwich or equivalent	216	Not provided	1.10	1.07	Not provided	0.51	Not provided	Not provided	2.76	2.68	Not provided	1.28	Not provided	13-Aug
Netherlands	Subway	Ham 6-inch sandwich or equivalent	205	Not provided	Not provided	0.60	Not provided	Not recorded	Not provided	Not provided	Not recorded	1.50	Not provided	Not recorded	Not provided	13-Aug
	McDonald's	McChicken Sandwich or equivalent										z				
Turkey	McDonald's	McChicken Sandwich or equivalent	Not provided	Not provided	1.15	1.15	Not provided	Not provided	Not provided	Not provided	2.88	2.88	Not provided	Not provided	Not provided	31-Jul
Malaysia	McDonald's	McChicken Sandwich or equivalent	Not provided	0.53	0.64	0.60	Not provided	0.41	Not provided	1.31	1.60	1.50	Not provided	1.03	Not provided	31-Jul
	Burger King	Onion rings										z				
Argentina	Burger King	Onion rings	Not provided	Not provided	Not provided	1.08	Not provided	Not recorded	Not provided	Not provided	Not recorded	2.70	Not provided	Not recorded	Not provided	31-Jul
Barbados	Burger King	Onion rings	Not provided	Not provided	Not recorded	1.08	Not provided	Not recorded	Not provided	Not provided	Not recorded	2.70	Not provided	Not recorded	Not provided	31-Jul
Dominican Republic	Burger King	Onion rings	Not provided	Not provided	Not recorded	1.08	Not provided	Not provided	Not provided	Not provided	Not provided	2.70	Not provided	Not provided	Not provided	31-Jul
Mexico	Burger King	Onion rings	Not provided	Not provided	Not recorded	1.08	Not provided	Not recorded	Not provided	Not provided	Not recorded	2.70	Not provided	Not recorded	Not provided	31-Jul

United States	Burger King	Onion rings	117	0.46	0.49	1.08	0.51	0.54	Not provided	1.15	1.23	2.70	1.26	1.35	Not provided	31-Jul
United Kingdom	Burger King	Onion rings	regular 8 pieces	0.18	0.20	0.14	0.20	0.16	Not provided	0.45	0.50	0.36	0.50	0.40	Not found	31-Jul
	KFC	Popcorn chicken or equivalent										z				
Middle East	KFC	Popcorn chicken or equivalent	119 (small)	Not provided	Not recorded	1.80	Not provided	Not provided	Not provided	Not provided	Not provided	4.70	Not provided	Not recorded	Not provided	31-Jul
India	KFC	Popcorn chicken or equivalent	64 (one size)	Not provided	Not recorded	0.63	Not provided	Not provided	Not provided	Not provided	Not provided	1.58	Not provided	Not recorded	Not provided	31-Jul
	McDonald's	Sausage McMuffin with egg or equivalent										z				
Mexico	McDonald's	Sausage McMuffin with egg or equivalent	221	0.00	Not provided	0.99	Not provided	Not recorded	Not provided		Not recorded	2.48	Not provided	Not recorded	Not provided	31-Jul
Slovakia	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	Not provided	0.76	0.64	Not provided	Not provided	Not provided	Not provided	1.90	1.60	Not provided	Not provided	Not provided	31-Jul
	Kelloggs	Special K or equivalent										z				
South Africa	Kelloggs	Special K or equivalent	40	0.21	0.26	0.27	0.70	0.65	0.67	0.53	0.65	0.67	1.75	1.63	1.68	13-Aug
Belgium	Kelloggs	Special K or equivalent	30	0.26	0.14	0.12	0.85	0.45	Not provided	0.64	0.34	0.30	2.13	1.15	1.00	13-Aug
Italy	Kelloggs	Special K or equivalent	30	0.26	0.20	0.12	0.85	0.45	0.40	0.64	0.50	0.30	2.13	1.15	1.00	13-Aug
Austria	Kelloggs	Special K or equivalent	30	Not provided	Not provided	0.12	Not provided	Not provided	Not provided	Not provided	Not provided	0.30	Not provided	Not recorded	Not provided	13-Aug
Denmark	Kelloggs	Special K or equivalent	30	0.26	Not provided	0.12	0.85	Not provided	Not provided	0.64	Not provided	0.30	2.13	Not recorded	1.00	13-Aug
Germany	Kelloggs	Special K or equivalent	30	0.26	Not provided	0.12	0.85	0.45	Not provided	0.64	Not provided	0.30	2.13	1.13	Not provided	13-Aug
Ireland	Kelloggs	Special K or equivalent	30	0.26	Not provided	0.12	0.85	Not provided	Not provided	0.64	Not provided	0.30	2.13	Not recorded	1.00	13-Aug
Netherlands	Kelloggs	Special K or equivalent	30	Not provided	0.14	0.12	Not provided	0.45	Not provided	Not provided	0.34	0.30	Not provided	1.13	1.00	13-Aug
Portugal	Kelloggs	Special K or equivalent	30	0.24	Not provided	0.12	0.80	Not provided	0.40	0.60		0.30	2.00		1.00	09-Sep
Spain	Kelloggs	Special K or equivalent	30	0.26	Not provided	0.12	0.85	0.45	0.40	0.64	Not provided	0.30	2.13	1.13	1.00	13-Aug
Switzerland	Kelloggs	Special K or equivalent	30	0.26	Not provided	0.12	0.85	Not provided	Not provided	0.64	Not provided	0.30	2.13	Not provided	Not provided	13-Aug
France	Kelloggs	Special K or equivalent	30	Not provided	0.20	0.12	Not provided	0.45	0.40	Not provided	0.50	0.30	Not provided	1.15	1.00	13-Aug
	Subway	Subway Club 6-inch sandwich or equivalent										z				
Brazil	Subway	Subway Club 6-inch sandwich or equivalent	275	Not provided	Not provided	1.13	Not provided	Not provided	Not provided	Not provided	Not provided	2.81	Not provided	Not provided	Not provided	31-Jul
Sweden	Subway	Subway Club 6-inch sandwich or equivalent	371	Not provided	Not provided	0.40	Not provided	Not provided	Not provided	Not provided	Not provided	1.00	Not provided	Not provided	Not provided	31-Jul
	KFC	Twister or equivalent										z				
United States	KFC	Twister or equivalent	240	1.40	1.43	1.26	0.52	0.61	Not provided	3.50	3.58	3.15	1.30	1.52	Not provided	31-Jul
India	KFC	Twister or equivalent	204	Not provided	Not provided	1.26	Not provided	Not recorded	Not provided	Not provided	Not provided	3.15	Not provided	Not provided	Not provided	31-Jul
Middle East	KFC	Twister or equivalent	213	Not provided	Not provided	0.90	Not provided	Not provided	Not provided	Not provided	Not provided	2.20	Not provided	Not provided	Not provided	31-Jul